



JANUARY 2004

January is Professional Counseling Month

Just the FAQs

When should you seek professional counseling? Who are professional counselors? How long does counseling take? For the answers to these questions read on.

Q. What is professional counseling?

A. Counseling is a collaborative effort between the counselor and client. Clinical counselors help clients identify goals and potential solutions to problems. Counselors help clients improve communication and coping skills, strengthen self-esteem and promote behavior change and optimal mental health. Through counseling, you examine the behaviors, thoughts and feelings that are causing difficulties in your life. You learn effective ways to deal with your problems by building personal strengths. A clinical counselor will

encourage your personal growth and development in ways that foster your interest and welfare.

Q. Who are professional counselors?

A. Licensed clinical counselors provide quality mental health services to millions of Americans. All Center clinical providers have a master's or doctoral degree in a mental health related field such as social work, psychology, marriage and family therapy or counseling, and most are licensed by a state to provide independent clinical services in their field. Clinical providers adhere to a discipline-specific code of ethical conduct.

Q. When should you seek counseling?

A. From childhood through late adulthood, there are certain times when we may need help addressing problems and issues that cause us distress.

When you are experiencing these types of difficulties, you may benefit from the assistance of an experienced, trained professional. A clinical provider can help you identify your problems and assist you in finding the best ways to cope with the situation by changing behaviors that contribute to the problem or by finding constructive ways to deal with a situation that is beyond your personal control. Center clinical providers offer help in addressing many situations that cause emotional distress, including, but not limited to:

- family and relationship issues
- career change and job stress
- adapting to life transitions
- the death of a loved one

Q. How long does counseling take?

A. Ideally, counseling is terminated when the problem that you pursued counseling for becomes more manageable or is resolved. Counseling in the Center typically lasts from three to eight sessions. During the first few counseling sessions your counselor should

discuss the anticipated length of counseling needed to achieve your goals.

Sources: American Counselors Association; Pearl Harbor Fleet and Family Support Center McNeeley Pigot & Fox

Fleet and Family Support Center presents the following classes:

**Sponsor Training Workshop
15 January
1300 - 1400
Classroom 2**

The Command Sponsor Program is designed to facilitate the adaptation of the service members and family members to a new working and living environment. A good sponsor helps to expedite the newcomer's ability to become a productive member of the receiving command. This training will teach sponsors how to assist incoming personnel to overcome relocation difficulties and apprehension associated with the PCS move. Each command should have their assigned sponsors attend this training. Contact Linda Busby at 874-5075 to register.

Smooth Move
15 January
1400 - 1600
Classroom 2

Relocating? Moving can be a frustrating and stressful time for the entire family. By understanding the cycle of relocation and learning how to deal with the physical and emotional challenges of moving, you can help make it a more enjoyable event. Attend this class and receive the latest information on family fears and feelings, relocation tips for military families, moving and the military family and adjusting to the new community including web sites for children and teens. All workshops/classes are free, but registration is required. Please contact Linda Busby at 874-5075 to register.

Chart Workshop
20 January
1330 - 1530
"CHART" YOUR WAY TO A
CAREER WITH THE DEPARTMENT
OF THE NAVY!

CHART is an acronym for the Department of the Navy's new automated on-line application tool. It stands for Civilian Hiring and Recruitment Tool and has taken the place of what was referred to as Resumix. It includes an enhanced Search for Jobs; My Searches a job

search subscription service; My Job Interests a record of jobs you have applied on; and My Notices a list of notices you routinely receive. Check out the web site at www.donhr.navy.mil and click on Jobs, Jobs, Jobs to see a complete listing of all the new features.

The Fleet and Family Support Center (FFSC) offers a monthly CHART workshop in the FFSC career development resource center, 3rd floor, Bldg. 456. This workshop will guide you through the basics of applying through the automated on-line application tool, how to re-use your resume and manage your account. There are tips on what to include and what not to include in the online application, and insights into how the Standard Automated Inventory and Referral System (STAIRS) process is used to fill jobs. Seating is limited, so contact Brenda Sherman at 874-5330 to register.

Transition Assistance

Program (TAP) provides information and assistance to all retiring and separating members regarding pre-separation counseling, employment, relocation and veteran's benefits. Military members and their spouses are encouraged to attend a TAP seminar as soon as possible prior to their scheduled separation or retirement date. See your Command Career Counselor to register.

2003 - 2004 TAP SCHEDULE

January	5 - 9	(Exec)
February	2 - 6	
March	1 - 5	(Exec)
April	5 - 9	(Exec)
May	3 - 7	
June	7 - 11	(Exec)
July	12 - 16	(Exec)
August	2 - 6	
September	13 - 17	(Exec)
October	4 - 8	(Exec)
November	1 - 5	
December	6 - 10	(Exec)

Dealing With Deployment

By McNeely Pigot & Fox

A few tips for spouses of deployed Sailors and their families:

Focus on a daily routine.
Don't spend all your time listening to or watching the news.

Find something positive you can do, such as pack a gift box for your loved one or donate blood.

Assembling care packages can be wonderful family activities.

Familiar habits are comforting.

Be careful with bad news.

Writing or calling your deployed loved one about a problem that he or she is helpless to solve can create feelings of frustration and guilt. If necessary, present problems and solutions at the same time.

Fleet and Family Support Center

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FLEET AND FAMILY SUPPORT CENTER

Classes and workshops are free; however, registration is necessary. Call 874-5075 to register.

DR. MARTIN LUTHER KING JR'S BIRTHDAY IS JANUARY 19, 2004